

Essential Oils for Natural Health



As anyone who has followed my blog for any amount of time will have noticed I am a big fan of things you can do for yourself to manage pain and fatigue and I prefer natural over medicinal options. I am not anti-medicines, but I am pro-natural as a first line.

The Research

Google “essential oils for Fibromyalgia” and an abundance of data will surface.

This article says that research specifically about Fibromyalgia and essential oils are limited, but that research does show the benefit of essential oils for pain relief.

This article lists the **Best 8 Essential Oils for Pain relief**, it notes eight good oils for pain relief, what they are good for and how to use them.

This quote **from Healthline** shows the benefit of lavender specifically: “Researchers in a 2015 **study** found that lavender essential oil can be an effective analgesic and anti-inflammatory.”

The article also lists further research around the benefits of essential oils and some things to note. One thing I’d mention, is that this article suggests we’re looking to alternative pain relief because medicine doesn’t work – I’d try alternative before medicines any day!

Please remember I share all of the information in order to save you time doing the work of collating the data, but I can’t read the information and make the decision for you. Make informed decisions.

Essential oils in pregnancy

Please note that it is not recommended to ingest oils during pregnancy (I’d question ingesting them at all, but you will research and decide for yourself) or to use essential oils during the first trimester. For the same reasons we try to minimise medicine use in pregnancy, there isn’t enough data to consider it safe.

This article is a good starting point for your research: [Using Essential Oils Safely for Pregnant or Nursing Mamas](#) (2015) on *The Hippy Homemaker*. Some women choose to use essential oils throughout their pregnancy, but that is a decision that each woman must come to herself. Personally, I’d rather try ginger essential oil for nausea relief in early pregnancy than anti-nausea medicines given the research coming out about the effects of previously considered safe medicines. Please do remember that essential oils are highly concentrated – one or two drops is plenty.

For a nice guide to essential oils during pregnancy and nursing, see the article on Mama Natural – [Essential Oils for Pregnancy, Birth, Breastfeeding and Beyond](#).

My Journey

I started by playing with lavender and chamomile- a delicious bath oil that I found soothed neck pain when applied. My theory of the essential oils is that they help reduce that top layer of pain first- the layer caused by the stress and fatigue of having the initial pain. This is also a theory I have about meditation.

The essential oils simultaneously massage the senses, particularly smell and soak into the skin to do their work.

My second foray was to try the pain cream from Elizabeth at [Bunguin Babies](#). She has a special pain blend that she has tried on herself! If you want a readymade cream formulation, go for this.

Now I'm all about trying anything I can get my hands on!

Having a list of pain relief options is always a good idea. In my courses I already recommend making a pain relief plan – whether that's for everyday or [for pregnancy](#). This way you know what to do once you start to fall down to the pain. I utilise my heat pack constantly so that doesn't need to be on my list. I also stretch often. But when the pain gets too distracting, I'll start with essential oils.

How to use essential oils?

I just combine mine with a carrier oil (like coconut oil) and apply to the area I need it, or put some in my bath or diffuser. You can also use pre-diluted products in a rollerball bottle that you just roll on as needed. You can also just put a drop in your hand and sniff it.

I'm not into the idea of ingesting (swallowing) essential oils, but you can do your research and decide if that is something you want to look into.

Essential Oils to Try

Being in New Zealand, not all of the brands that are available internationally, are available here, but I have found this brand – Edens Garden – and want to try them. They use pure, therapeutic grade oils (and were inspired by the beauty of my home country!)

Peppermint – for headaches, nausea and general tummy upsets.

Ginger – for nausea and tummy upset, but it's also a good anti-inflammatory.

Lavender – for general calming, insomnia, and pain relief. Research has shown this to have analgesic and anti-inflammatory properties – just what we need.

For a special mix set to get started they have lavender, peppermint and lemon together.

Tea Tree – is good for skin, hair and nails (try it on acne) it can also boost wound healing.

Copaiba – this is something I have been wanting to try for a while. It might help with trigger points (I will report back about this!) and is meant to be quite helpful with pain. It is said to work on the endocannabinoid system – and there is a theory that Fibromyalgia is caused by a deficiency which makes sense to me and helps me understand why [Low Dose Naltrexone](#) works for me.

Top 6 – this is the top six to get started with in a cost effective bundle.

There are so many more amazing options, but this is a good list for getting started.

Where to from here?

Thank you for reading my eBook Essential Oils for Natural Health, I really hope that this has helped you in your journey fighting Fibromyalgia/chronic pain/chronic fatigue.

My book [Melissa vs Fibromyalgia: My Journey Fighting Chronic Pain, Chronic Fatigue and Insomnia](#) is everything I do and have researched to fight my symptoms. It's available on Amazon now.

Your welcome to [join my newsletter list](#) and receive access to my free resource library – here I have reports, templates, free micro courses and more.

[You vs Fibromyalgia: Arm Yourself with Knowledge](#) free micro course is five lessons to help you fight Fibromyalgia.

About the Author

Melissa Reynolds has fought Fibromyalgia since she was 14 years old. Only, she didn't receive a name for her invisible opponent until she was in her 20s. Unfortunately, the name of the illness did not come with help.

After declaring war, she went from miserable and barely coping with life to thriving in seven years. Using a combination of research and personal trial and error, she has managed to bring her pain and fatigue levels down and minimise the effects of the debilitating brain fog by using everything she has written about on her blog www.melissavsfibromyalgia.com.

Melissa lives in Auckland, New Zealand, with her husband, two children, and her dog, Coop.